

Winnisquam Echo

THURSDAY, MARCH 14, 2024

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Veterans Home to hold ceremony honoring Vietnam veterans

Hear Ye! Hear Ye! Medieval Merriment is coming to Franklin

FRANKLIN — The Franklin Opera House is pleased to announce a special Spring Gala event on Saturday, April 27 at 5:30 p.m., featuring a sit-down meal, fundraising raffle, and music by The Scott Spradling Band. This event is being celebrated with a Medieval Feast theme (costumes optional!). Some of their friends from the neighboring Kingdom of Footlight (Franklin Footlight Theatre company) will be joining the fun in the Great Elks Hall (the Franklin Elks Lodge) for a rousing good time.

A ticket to the Spring Gala event includes salad, sides, rolls, a main course (roast turkey or stuffed shells), dessert & a complimentary ale, wine or soda from the bar. Gluten-free gravy and rolls are available upon request at purchase. Each Lord or Lady will receive their drink medallion upon check-in and one complimentary raffle ticket!

After dinner, Scott Spradling brings his tremendous «modern big band» (with lots of horns!) playing the mega hits heard on the radio over the years – from the '50's to the '90s. Enjoy tunes from Chicago, Billy Joel, Sinatra, Michael Bublé, Huey, and more! Attendees can sit back and enjoy the show, or feel free to get up and dance!

All proceeds from this event will directly contribute to funding the renovation and reopening of Franklin Opera House.

A movement is underway in Franklin to preserve the crown jewel of the City. Every member of the community can contribute to this effort in their own way, since progress and growth come from the collective effort of forward-thinking people.

The Franklin Opera House building was originally designed to be a multipurpose building for the community. For nearly seventy-five years, schools, churches, and local groups such as Franklin Hook & Ladder Co., V.F.W., the Elks, The American Red Cross, and others graced the stage and main hall with plays, entertainment, dancing, and conventions of all sorts.

After napping since the 1960s, a loyal army of volunteer knights banded together to form a Restoration Committee. Because of their dedication and determination Franklin's "sleeping beauty" awakened from her slumber. Franklin Opera House has been ringing with the sounds of laughter, music and applause since 2001. Efforts continue to build on their legacy and make the Opera House even better.

Come join in the fun at Franklin Lodge of Elks for a night of feasting, frolic, and frivolity. Tickets are \$49 per person and must be purchased in advance by April 20, either online at www.FOHNH.org, or by calling (603) 934-1901.



Members of the Vietnam Veterans of America Chapter 41 gather at the Home's 2023 Vietnam War Veterans Day ceremony. Paul Lloyd, NHVH Board Chairman, led the ceremony and is pictured on the left, back row.

TILTON — Veterans throughout the state and the general public are invited to attend the New Hampshire Veterans Home's (NHVH) Vietnam War Veterans Day ceremony on Friday, March 29 at 11 a.m. at 139 Winter St. in Tilton. This special observance commemorates the hardships suffered and sacrifices made by three million Americans during the Vietnam War, as well as their families who supported them.

Nancy Warner and Terry Farish, keynote speakers, will represent the 625 Red Cross Sisters who served in Vietnam as 'Donut Dollies.' Their address will explain their mission and hon-

or their Brothers who served in the military as well as their Sisters who served alongside them with the Red Cross. The ceremony will take place in the Home's 'Town Hall' great room, accessible via entrance at the corner of Winter Street and Colby Road in Tilton.

In 2012, President Obama signed a presidential proclamation designating March 29 as the annual observance of Vietnam War Veterans Day. The signing of the proclamation marked the anniversary of the departure of the last American troops from Vietnam on March 29, 1973. The NHVH is currently home to 71 Viet-

nam Era Veterans who served in the Army, Marines, Navy, Air Force, Army National Guard and Air National Guard.

Additional speakers will also honor those who served to provide the 'Welcome Home' soldiers did not receive when returning from deployment overseas.

The Vietnam Veterans of America Chapter 41 and Service Credit Union are providing sponsorship for the event.

The New Hampshire Veterans Home is home to men and women veterans who have served their country and fellow New Hampshire citizens. SEE VETERANS PAGE A7

Franklin Savings Bank accepting applications for Fund for Community Advancement

FRANKLIN — Franklin Savings Bank is currently accepting applications for its Fund for Community Advancement, representing the 47th round of grants. All applications must be postmarked by May 30 for consideration and can be mailed or dropped off at Franklin Savings Bank's Main Office at 387 Central St., Franklin, or emailed to Renee.Baldini@fsbnh.bank. Since 1997, the bank has awarded 259 grants totaling \$1,198,009 to community organizations and agencies throughout New Hampshire.

The Fund for Community Advancement is very active in supporting a broad range of nonprofit community activities to include, but not limited to, economic development, affordable housing, education, health care, social services, environment, arts and humanities, human services, and programs or services addressing the needs of children, adolescents, and single parent families. Also of importance are

SEE FSB PAGE A7

Lakes Region Art Association hosting watercolor on canvas class

TILTON — A watercolor on canvas class can be a fun and rewarding experience for anyone looking to explore the unique combination of watercolors and canvas as a medium. It provides opportunities for creativity, experimentation, and the development of technical skills necessary for creating beautiful and expressive artworks.

No drawing skill or previous painting necessary. Come for two hours of fun and creativity.



The class includes pre-prepped high-quality canvas and a drawing ready to paint. Feel free to bring your favorite brushes and watercolors (tube or pan). Watercolors and brushes will be available.

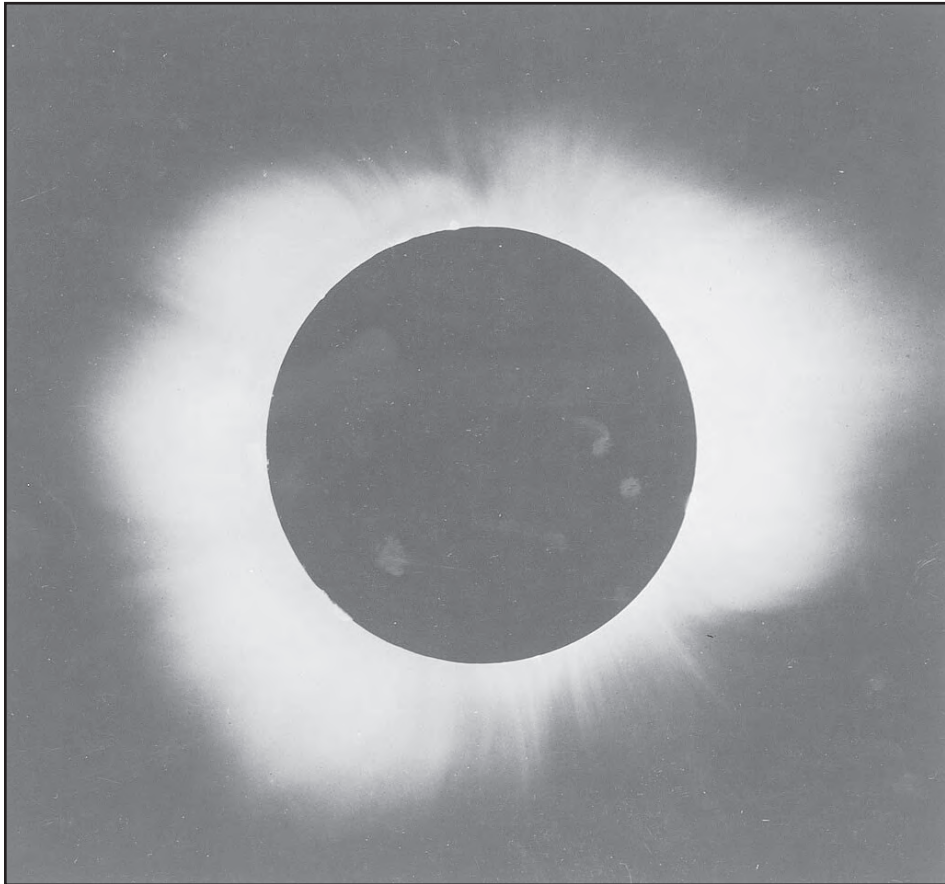
Space is limited. Class will be held at Lakes Region Artist Association, 120 Laconia Rd,

Tanger Outlets, Suite 300, Tilton,

First come, first served. \$50 in advance.

Sign up using <http://tinyurl.com/32w2tuyx>.

Aubudon announces program on upcoming solar eclipse



MOULTONBOROUGH — On Thursday, March 21 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program titled The Eclipse is coming!! The Eclipse is coming!! presented by Sally Jensen.

On April 8, New Hampshire will experience a total solar eclipse. The northern part of our state in Coös County will be in the path of totality. It is a rare opportunity to be able to observe the Sun without squinting. How can we observe this

event safely? Sally Jensen, a NASA Solar System Ambassador, will explain this event and have special solar eclipse glasses and information to pass out, so people will understand what is happening.

Observing a total solar eclipse is a truly incredible experience. As the moon passes between the sun and the Earth, the sky darkens, temperatures drop, and the stars become visible in the middle of the day. The sun's corona (its outer atmosphere) becomes visible as a beautiful

halo around the moon.

For New Hampshire, we will have to wait another 55 years for the next solar eclipse to happen for this area, even though eclipses happen on a regular basis about twice a year somewhere on Earth. The goal is to help people enjoy the experience safely.

The Loon Center is located on Lee's Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee's Mill Road.

Endicott College announces local Dean's List students

BEVERLY, Mass. — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2023 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

Austin Garrett of Belmont, son of Jennifer Byers and David Garrett, and Mackenzie Philippy, daughter of Chris Philippy of Northfield, have met these requirements:

About Endicott College
Endicott College offers doctorate, master's, bachelor's, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites online and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. For more, visit endicott.edu.

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Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back. As I was driving into town this morning, the 'Welcome to Historic Downtown Tilton' sign caught my eye and got me thinking. Like many things you see over time, you tend to stop seeing them as they start to blend into the landscape. It's sort of like our town's history. There's a lot out there and it's made this town what it is today. It's quite a legacy. But like the sign, it often gets passed by without much notice. Fortunately, we have a Historical Society that's bringing a lot of that pride back to the forefront of our minds. So rather than get all serious before our town meeting, I thought I'd keep it light and bring a little of that history to you with an Ode to Tilton. Thanks to John Ciriello, Chair of the Historical Society, for the fact checking and apologies to all the real poets out there.

Tilton
By Gregg DeVolder

In seventeen hundred and forty-eight
The Sanborn's came to tempt their fate
They found a good river which met all their needs
And filed with the King for their land and their deeds

The name of their town was to be Sanborn-ton
And knew their hard work had just begun
For they settled first in what was Sanbornton Bridge
Good ground to build on and such a privilege

Sergeant John Sanborn built the first framed home
And many did follow, though mostly unknown
Soon to be built, were mills and a store
The village of Tilton, was becoming much more

One hundred years later, a battle begun
To split the two towns, from whence there was one
And in eighteen hundred and sixty-nine
The Tilton town charter was finally signed

Along to the north is Sanbornton
A battle fought and

thus was won
From Mosquito bridge to the Franklin line
They chose the "Winni" to help define
The southern border and a new town line

From Silver Lake, to well beyond
And lest we forget, lake Winnisquam
The highest point, with a view to thrill
Is the top of the path, on Calef Hill

The river "Winni," flows through the town
And many a mill, that would be found
Were built upon, the river's edge
With solid footing, on granite ledge

'Twas Charles E. Tilton who asked with hope
To name this town for his fine folk
Prominent people from the very beginning
They worked and thrived and made a good living
The town said yes to his request
And throughout this place, you'll see his bequests
For he built town hall, at his own expense
For the citizens of Tilton, it just made sense

A few years later the Arch was built
A massive monument with no such guilt
It stands fifty-five feet tall and forty feet wide
And although it says Tilton, it's on the Northfield side

Not many remember that terrible day
When the good folks of Tilton
Tried to take Northfield away

It came mighty close, right down to the vote
And Northfield remained, despite the revolt

One hundred years later and here we stand
Perhaps the town is not as grand
For the mills are now gone and the mansion sits empty
Though we have a new highway, with of course, exit twenty

When asked about Tilton, they know what to say
We go to the outlets and eat right away
Yes, they shop, and

they eat, but they rarely go forth
As they get in their cars and keep heading north

Our Main Street is tired, though many keep trying
The question remains, how to keep it from dying

The memories have faded, and the statues are broken
But there's whispers about and there's something unspoken
The pride of this place, our people, our town
The feeling of history, is quick to be found

And now there's an effort, to bring back what we had
To fix the mistakes, to make us all glad
They'll paint the old buildings and tidy things up
They'll slow the darn traffic and not interrupt
The peace of this place, as it all passes by
Where you can stop at a corner, just to say hi

To walk through our town and to see once again
To remember a time, to remember our Tilton

It feels like there's going to be a number of important decisions to be made for the town across our boards, committees and town meetings this year and it leaves me wondering how it will all turn out. Call me crazy, and I'm sure many of you will, but I look at these decisions as the building blocks and framework of our legacy. It's what we are leaving behind for our future generations. Our families, friends and neighbors, children's children of Tilton. What will they say about our stewardship? How will our decisions affect them? Will they feel proud enough for someone, someday, to actually write about what we have done? Or will they see the Tilton Historic sign and wonder what's so special about Tilton? Let's hope not. When we make our decisions, I think it's not only helpful to be in the moment but also to consider what it might mean for our and their future as well. Like I said, call me crazy!

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Understanding artificial intelligence from an artist's perspective



Russell Schundler

TILTON — Artificial Intelligence (AI) is a rapidly growing field that is expected to have a significant impact on everyone's life in the near future. Whether this impact will be positive or negative is yet to be seen. However, it is undeniable that AI is here to stay and will continue to shape the world we live in.

With the advent of platforms such as Mind Journey and Night Cafe, creative individuals have more opportunities than ever to showcase their digital art. The work produced by these talented individuals can sometimes be mistaken for traditional human-created art.

This month's Art Talk speaker at the Lakes Region Art Gallery is Russ Schundler, a member of the association and a gifted photographic artist. His work, which includes both photographs and digital art, is currently on display and available for purchase in our Tilton Art Gallery. In addition to being a great guy, he is also very knowledgeable about the intersection of art and technology.

Schundler's photography journey began in 1963 while he was studying at Princeton University and making black and white prints in the university darkroom. During that time, he focused on sports

photography. In 1967, while serving in the Navy, the aircraft carrier he was assigned to have a fully equipped darkroom where he was able to process his travel photos. Today, he is a member of both the Lakes Region Art Association and the Lakes Region Photographer's Club. He and other club members share their passion for photography and exchange their skills and techniques for capturing and post-processing photographic images.

Schundler began his career as a Management Trainee for American Can Company and later served as the VP of Operations for a family mineral processing plant after leaving the Navy. He then worked as a Marketing Representative for IBM for 15 years, followed by an 18-year tenure as a senior management Career Consultant for Right Management.

Join us in the Gallery at 7 p.m. on March 18 to hear and discuss AI from an Artist's Perspective.

Our meeting are held at the Lakes Region Art Gallery, 120 Laconia Rd., Tanger Outlets, Suite 300, Tilton.

For more information about the Gallery, visit our Web site: www.LRAANH.org.

Fiber arts at the Belknap Mill

LACONIA —The Belknap Mill is offering a new Saturday program called Fun with Fiber Arts for Teens and Tweens starting March 9th. The second Saturday of each month will feature fiber art activities for ages 10 and up from 10 a.m.-1 p.m. The Belknap Mill's Saturday programs are no cost, but donations are always welcome. Some of the activities will include making looms, finger knitting, and making friendship bracelets.

For adults looking to work on their fiber arts projects, the Mill offers a Textile Circle on the fourth Saturday of each month from 10am-1pm or the second Tuesday of the month from 1pm-4pm. Visitors can bring spinning wheel, cross stitch, knitting project, or whatever fiber art medium and join in for creative support and an exchange of ideas.

The Belknap Mill Museum is open Saturdays 9am-1pm for self-guided tours. Learn how the Mill was once a hosiery museum and used the Winnepesaukee River to generate hydroelectric power. For more information about all the Saturday programs or the museum visit: www.belknapmill.org



COURTESY

Pictured: Aria L. and Aurora R.

David Clark's All About Joel concert to benefit Lakes Region Food Pantry

MEREDITH — Lakes Region Food Pantry of Moultonborough serves more than 400 families in the Lakes Region. It provides food vouchers to local grocery stores, summer lunch vouchers, backpacks and sneakers for school age children, non-perishable food, fresh produce, meats and dairy, and scholarships for high school seniors and adult learners. Programs are supported by donations from in-

dividuals, businesses and organizations from the Lakes Region and beyond, as well as thrift shop sales.

All net proceeds from a special benefit concert at Inter-Lakes Community Auditorium in Meredith presented by We Care of Temple B'nai Israel will support the food pantry's mission of fighting food insecurity. David Clark's All About Joel will entertain with

the iconic hits of the piano man Billy Joel! This event is on Saturday, May 25 at 7:30 p.m. (General Admission). Tickets are \$40, and are available online at <https://tbinh.org> and select locations (see Web site) including Lakes Region Food Pantry and Thrift Shop. Plenty of free parking is available at the venue.

Lakes Region Food Pantry thanks its sponsors which include Han-

naford, Mondavi Dental, Kiwanis of Meredith, Giuseppe's Ristorante, Moultonboro Lions Club, Circle Dental, Irwin Auto, Meredith Village Savings Bank, McGrail Consulting, VANhear Hearing Center, Northway Bank, Bryant Paving, White Mountain Subway and Bootleggers.

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Franklin VNA & Hospice holds free drop in grief group

FRANKLIN — The third Tuesday of every month, beginning April 16, Franklin VNA & Hospice will be hosting a Drop In Grief Support Group from 2:30 – 4 p.m. Anyone who has suffered a death is welcome, whether they were the caregiver, family member, friend, or a community member. The grief groups will be facilitated by our Medical Social Workers, Sherry Wilcox and Emerson Kelby. There is no registration or fee to attend this group. For more infor-

mation call 603-934-3454 or email info@franklin-vna.org.

Grief has no timetable. It may come in waves during the turbulent months of a loved one's illness and then intensify after he or she has passed away. Each experience is unique and deeply personal. Emotions run the gamut from sadness, anxiety and guilt to anger, helplessness, and depression. What many

people who've lost someone they love want, is the opportunity to be able to talk about their loved one in a space where they can safely share what they are going through with people who have had a similar loss in an environment structured to help them navigate the grieving process.

This drop in grief group is designed to help people on that journey. Grieving is our response

to sorrowful change, and grief takes as long as it takes. There is no magic length of time until you are better. But with support and the freedom to share what you are going through it can help you accept and learn to live with your new reality.

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A total eclipse of... the sun

In just a few weeks, on April 8, those who travel to Texas, Oklahoma, Missouri, Arkansas, Illinois, Kentucky, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire, and Maine will have the extraordinary opportunity to witness a total solar eclipse. This celestial phenomenon, where the moon completely obscures the sun, casting a shadow on the Earth, is a moment of wonder.

For New Englanders, this upcoming eclipse holds particular importance, as the region has not experienced such a spectacle in over a century. The anticipation is palpable, with communities buzzing with excitement and preparations underway to ensure a memorable viewing experience for all.

The corona is a region of superheated gas extending millions of kilometers into space, but it's normally obscured by the sun's intense brightness. During a total solar eclipse, however, when the moon perfectly aligns with the sun, the corona's ethereal glow emerges, creating a spectacle unlike anything else in nature. For those fortunate enough to be in the path of totality, the sky darkens, stars emerge, and the sun's corona—the outermost layer of its atmosphere—becomes visible.

Beyond the scientific implications, a total solar eclipse holds profound cultural and spiritual significance for many. Throughout history, these celestial events have been interpreted as omens, symbols of renewal, or moments of cosmic alignment.

It is essential to prioritize safety when viewing the eclipse. Directly observing the sun, even during an eclipse, can cause permanent damage to the eyes. Therefore, it is crucial to use certified eclipse glasses or other safe viewing methods to protect our vision.

The influx of traffic and people into small towns have caused local safety departments, and even state departments of transportation, to collaborate alongside local hospitals and businesses on how best to prepare.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



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COURTESY

New addition

The Tilton Police Department welcomed Kyle Bolduc as its newest Patrol Officer during a swearing in ceremony on March 7. Photo courtesy of the department's Facebook page.

Telepathy is reading others' intentions

Telepathy is the ability to communicate thoughts directly from one mind to another without the use of words, gestures, or any conventional forms of interaction. The idea of telepathy has intrigued humanity for centuries. Its origins are steeped in ancient lore and psychic traditions, often portrayed as a mystical bridge connecting human consciousness.

An example of telepathy in modern fiction can be seen in the character of Professor Charles Xavier, also known as Professor X, from the "X-Men" series. With his telepathic powers, Professor X can not only read minds but also project his thoughts onto others.

But does such a profound ability exist outside the realms of fiction? The question leads us to people like Uri Geller, a performer who claimed to possess psychic abilities, including mind reading. Geller's demonstrations of spoon bending and telepathy captivated audiences worldwide, suggesting a glimmer of reality to the powers depicted in tales and comics.

Much skepticism surrounds Geller's claims, with critics pointing to sleight of hand and psychological tricks rather than genuine psychic phenomena.

While the allure of telepathy remains potent in our collective imagination, the jury is still out on whether a human being has truly harnessed this extraordinary ability.

Recent advances in artificial intelligence and neuroscience have led to the development of AI systems capable of decoding human brain waves into speech. This groundbreaking technology bridges the gap between thought and communication, allowing for telepathy mediated by machines. While I'm sure there are benefits to this technology, it's also terrifying.

Terrence McKenna was an ethnobotanist and author known for his controversial theories on psychedelics, consciousness, and culture.

If you've ever listened to one of his lectures, you'd find that he had a different definition of telepathy than the one portrayed in popular media.

In one lecture, he states, "If you're like me, you think telepathy is hearing other people's thoughts. It isn't that; it's seeing what other people mean."

Consider when a friend texted you, "We need to talk." The immediate sense of dread, the assumption of an impending argument, only to discover they

simply wanted advice. The text, devoid of tone and context, became a breeding ground for misunderstanding, showcasing a moment where telepathic clarity — understanding the true intent behind the words — could have spared you the stress.

Or picture this: two travelers, one speaking only Italian and the other only Japanese, trying to find their way in a crowded international airport. Their attempts to communicate through gestures and broken English spiral into confusion. Misinterpreting each other's actions, they become increasingly frustrated and offended, convinced the other is being rude. The situation escalates, as neither can grasp the true intention behind the other's gestures.

A bystander who happens to speak both languages steps in to mediate. The translator breaks down the language barrier and quickly resolves the misunderstanding. The tension dissolves into laughter and gratitude as they finally understand what each other means.

Misunderstandings involve more than language differences. Even when we speak the same language, we often end up confused and in conflict because of misinterpreting what's meant by what's said.

If we could truly un-

derstand the intentions and emotions behind other's words and actions, many misunderstandings that lead to conflict could be avoided.

This is easier said than done, but what if?

What if we just took a breath and tried to understand rather than reacting with a knee-jerk reaction and getting upset? Could we reduce social divisions, understand that we are all human, and accept that we are all different?

The world is filled with miscommunication; what if we could become a more collaborative and innovative planet by truly looking past what is said and trying to understand what is meant.

Relationships could flourish free from the constraints of misinterpretation, with partners, friends, and family members trying to understand rather than assuming that they know.

Telepathy, as defined by the late Terrence McKenna, could be the key to unlocking a new era of human understanding and cooperation.

Is this possible? I don't know, but I suppose if we stopped jumping to conclusions and practiced more patience, we might be headed in the right direction.

On the road for a busy few weeks of postseason fun



Cannon Mountain's Mittersill Ski Area played host to the alpine Meet of Champions on Feb. 22

JOSHUA SPAULDING



It was a championship doubleheader at Colby-Sawyer College on Saturday, March 2, as the Profile and Littleton boys went toe-to-toe and the Littleton girls put their undefeated season on the line against Newmarket.



Bow High School played host to the Division III wrestling championships on Feb. 17, just a few days before hosting the Division III girls' basketball semifinals.



The view from the top of the landing hill at the Chip Henry Ski Jump, which hosted the state (and national) championships on Feb. 15.



The Division IV girls' alpine championship on Thursday, Feb. 15, was held under bright and sunny skies.

This past week wrapped up the winter season at the local high schools.

And what a season it was.

It has been a busy couple of weeks as teams went into postseason action. Along the way, there has been a heck of a lot of driving to cover as much as I can over the course of the last month.

The ski championship week is always one of the busiest weeks in my high school year. This year was also marked by a complete elimination of one of the days of competition due to the threat of weather that would make travel difficult.

The first day of the ski championships was Monday, Feb. 12, with the Division II girls skiing at Crotched Mountain. As it was the only race on that day, I headed south to Bennington and got the chance to watch the Kennett girls bring home a championship.

Tuesday was the rescheduled day, but with skiing off, I was off to Litchfield to start basketball playoffs, as the defending champion Gilford hoop boys traveled to take on Campbell and pulled off a last-second win on a Brendan Baldi three-pointer in the opening round of the Division III tournament.

Wednesday, Feb. 14, there were a pair of ski meets, but with the scheduling what it is, I was able to cover the Division III girls at Gunstock, with Gilford coming home with the runner-up plaque. That evening it was back on the road to Alton, where the visiting White Mountains Regional hoop girls picked up an upset of the Prospect Mountain Timber Wolves. I did miss the Lin-Wood alpine boys finishing as the Division IV champions at Crotched Mountain.

The next day featured the most driving, as the day started with a trip to Gunstock to see the Division III boys (congrat-

ulations to Plymouth finishing as the runners-up) and left after the giant slalom to head north to Cannon Mountain to see the Division IV girls, where the Profile girls picked up their seventh-straight championship. I did miss the Kennett boys finishing as the Division II runners-up at Cranmore. From Cannon, it was a trip across the Kancamagus Highway to the Chip Henry Ski Jump in Albany, where the state championships were held. The host Kennett Eagles finished as the runners-up to a strong Hanover squad in what is technically the national championship, as New Hampshire is the lone state that sanctions high school jumping.

Friday, Feb. 16, saw one of the best endings of the tournaments, as I hit the road to Canaan to watch the White Mountains hoop boys take on Mascoma in the quarterfinal round of the Division III tournament. That game was decided on a final-second long-distance heave from Mascoma that sent them on to the semifinals.

The following day was the wrestling Division III championships at Bow High School, where I got to see Plymouth, Winnisquam, White Mountains and Kingswood compete, with numerous athletes

SPORTING CHANCE

By JOSHUA SPAULDING



moving on to the Meet of Champions. From there, I made the trip up Route 89 to Sutton to see the Gilford hoop girls in quarterfinal action at Kearsarge.

After a Sunday off, it was off to Woodsville for the start of the Division IV boys' tournament on Monday, Feb. 19, with the three-time defending champions pulling away from Hinsdale for the win.

On Tuesday, Feb. 20, there was a trip to Jackson for the final Nordic race of the regular season followed by the Division IV girls' basketball opening round in Moultonborough, where the Panthers dropped a close one to Holy Family.

The next day it was back to Bow, where the Winnisquam girls' basketball team was playing in the Division III semifinals for the first time in school history. Kudos to Lauren MacDonald, who scored her 1,000th point and became the leading scorer in school history in her senior season.

On Thursday, Feb. 22, the best alpine skiers in the state were in action at Cannon for the Meet of Champions and

I stayed above the notch for that night's basketball games, watching the Littleton boys beat Groveton in the quarterfinals and then making the short trip to Profile to watch the Profile boys beat Portsmouth Christian. Kudos to Littleton's Kayden Hoskins, who reached the 1,000-point plateau earlier in the season and Profile's Josh Robie, who crossed the 2,000-point mark in the quarterfinal win.

On Friday, I made a stop at my mother's house in Stark before heading to my alma mater, Groveton High School, to watch the Groveton and Profile girls battle in the Division IV quarterfinals. It marked only the second time in my 20-plus years that I had covered a game at my alma mater (shoutout to Alton Central School boys' basketball, the last time I did so).

Saturday, Feb. 24, was a pretty short day of driving, relatively speaking, as I covered the final regular season hockey games, with Kennett vs. Laconia-Winnisquam-Inter-Lakes in Laconia and Kingswood vs. John Stark-Hopkinton in Wolfeboro.

After another Sunday spent writing, it was off to Bedford for the Division IV boys' basketball semifinals on Monday,

Feb. 26, (another Littleton-Woodsville instant classic semifinal) and another trip back there on Tuesday, Feb. 27, for the Division IV girls' semifinals. Tuesday also featured a detour on the way home to catch the Kingswood-Prospect Mountain hockey girls win their first playoff game in program history in Hooksett.

Wednesday, Feb. 28, there was only one game on the local schedule, as I traveled to Pelham High School to watch the defending champion Kennett girls play in the opening round of the Division II tournament.

There were no games on Thursday, but Friday, March 1, brought a bit of a road trip. First it was south to Goffstown for the Kingswood-Prospect girls' hockey team's quarterfinal game against Pinkerton at Saint Anselm. I then traveled across the state to the Dover Ice Arena for the Berlin-Gor-

ham-Kennett girls' hockey quarterfinal game, a game that ended in controversial fashion. Before that ending, I left the arena to go to Northwood for a Division II quarterfinal game for the Kennett hoop boys at Coe-Brown.

Saturday, March 2, I headed to New London for the Division IV basketball finals at Colby-Sawyer College, with the Profile boys and Littleton girls finishing off undefeated seasons with state championships. I then broke a speed limit or two to get to Conway's Ham Arena at the first intermission of the Division III hockey quarterfinals between Kennett and Kingswood, a fantastic game that ended in a 1-0 win for the visiting Knights.

That brought to a close a couple of busy weeks. This past week featured only Nordic and hockey for the local

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NHVH resident Rita Landry, US Air Force Korean Conflict veteran, studies facts about the Vietnam War during the Home's Vietnam War Veterans Day ceremony in 2023.

VETERANS

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CHANCE

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teams. The Nordic championships were moved to one day, Wednesday, at a different location, Oak Hill in Hanover, due to snow conditions at Great Glen. Congratulations to the Plymouth girls and the Gilford boys on picking up championships on the day. Hockey semifinals at Plymouth State were the same day and the hockey finals

were Saturday in Manchester. Kudos to the Berlin-Gorham boys for finishing off the undefeated season with a Division III championship, the team's fourth in five years.

All told, there were championships for the Profile and Kennett alpine girls, Lin-Wood alpine boys, Littleton hoop girls and Profile hoop boys and runner-up finishes for the Kennett jumpers, the Kennett,

Plymouth and Profile alpine boys, the Gilford alpine girls and the Littleton hoop boys. Not a bad few weeks.

With the busy few weeks of the winter season in the books, there is a bit of a slowdown until the end of the month, when I hit the friendly skies to travel with the Kingswood softball team to Florida.

Joshua Spaulding is the Sports Editor for the

Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

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Hospice volunteers truly make a difference

FRANKLIN — Volunteering can be one of the most powerful experiences a person can have. When you volunteer, you give your time to help touch the lives of others, and when that volunteering is for those who are on home Hospice, you gain the opportunity to change someone's life for the better. Franklin VNA & Hospice is hosting a free volunteer training on Thursdays from March 28 to April 18 from noon to 3 p.m. Lunch is provided. This four-week session focuses on how to provide comfort, support, and a reassuring presence to Hospice patients and their families. You must attend each class in order to get your certificate.

Every day, hospice volunteers touch the lives of our patients and their families. Whether you are listening to a patient's stories, reading to them, preparing a meal, holding their hand while listening to soothing music, or running an errand, each kind gesture makes a huge impact on those we serve. Will you spend two or more hours a week making a difference in life of another? Volunteers can offer companionship, respite care, and their own unique skills to assist patients and their family members in the community. There are some skills which are especially valued in volunteers – the ability to play an instrument or provide registered pet therapy are two very sought-after qualifications for a hospice volunteer.

Whether you volunteer one-on-one with our patients and their families or behind the scenes in the office, you will be a valuable member of our hospice team.

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Get schooled on vocational training

High school graduates or individuals looking to explore continuing education at any age have various options. Among the most popular options is enrolling in a college or university. Studying a trade in a vocational school is another popular option.

What are vocational schools?

Vocational schools are sometimes referred to as career or trade schools. Vocational schools tend to offer certificate programs that are much shorter in duration than traditional college degree programs, and train students for skilled jobs. Vocational programs prepare individuals for careers in electrical work, hairstyling and cosmetology, certified nursing aids, auto-



Consider these community college benefits

College is the next natural step for many students after they finish high school. The process of finding a school begins in junior year of high school, and students and their parents may visit many different colleges and universities throughout the next year. Even though the bulk of the focus might be on four-year schools, students who may not yet have everything all figured out should not overlook the many benefits of community colleges.

The United States Department of State's Education USA says community colleges offer two-year programs that lead to the Associate of Arts (AA) or Associate of Science (AS) degree. Some community colleges also have vocational programs. Community colleges are a viable option for students interested in continuing their education. Undergraduate students studying at community colleges can earn academic credit that will eventually go toward a bachelor's degree should they choose to continue schooling. The following are some of the benefits of community college.

- Flexible admissions process: Community colleges do not have the same time restrictions and other requirements as schools offering four-year degrees. Interested parties may be able to register for classes at any time and not have to worry about being accepted or not.
- Part-time scheduling: Community colleges often offer part-time academic coursework, which means students do not have to take a set number of credits each semester to remain enrolled. This allows students to attend college classes according to their own schedules and work at their own pace.
- More affordable tuition: Lower tuition is one of the major draws to community colleges. The career planning resource Indeed says that many community colleges further discount their offerings to in-state students. This helps make post-secondary education much more affordable, particularly for those who are not sure about what they want to study.
- Relationships with four-year schools: A number of community colleges have partnerships with sister schools to facilitate the transfer of associate degree credits for a student working toward a four-year degree. Education USA says in this "2+2" process, a student can earn a bachelor's degree with two years of community college, followed by two years of university study. Some community colleges also serve as satellite locations for other schools, meaning one can take classes for a four-year school right on the community college campus if the location is more convenient.
- Smaller class sizes: Many community colleges have smaller class sizes that make it easier for students to adjust to the pace of college life.
- Proximity to home: As the name implies, community college is a school that serves a particular community. That means it is likely close to home for the majority of students. Students who may not be willing or able to go away to school may appreciate the convenience and proximity of a community college.

Community college is an option that students may want to explore as they pursue post-secondary education.

motive work, and HVAC services, among others.

Cost of attendance
Cost of education is an important factor when choosing a career, and the cost of vocational school is no exception. The College Board says trade school costs between \$5,000 and \$15,000 on average for a three- to 18-month program. By comparison, the national average for a two-year degree program at public and private colleges can range from \$3,621 to \$15,333 per year. The cost to attend a four-year college is considerably higher, though it varies widely by institution.

NerdWallet reports that, as of 2021, total student loan debt in the United States exceeded \$1.61 trillion. Vocational school

can be a much more affordable option than attending college, without the specter of large amounts of debt looming once the training is over.

An obvious job path
Many higher education concentrations are confronting low enrollment, while vocational programs are doing quite well, according to The Hechinger Report, which covers innovation and equality in education. The reason may be that vocational training presents a clear career path, and a more secure way to a solid job. Mechanic and repair trade programs had an enrollment increase of 11.5 percent from spring 2021 to 2022, indicates the National Student Clearinghouse.

"America is lending money it doesn't have to kids who can't pay it back to train them for jobs that no longer exist," says Mike Rowe, television personality and founder



of the Mike Rowe Works Foundation, which offers scholarship money to those who are pursuing the trades. Rowe feels that America has convinced people that the best path for most people is an expensive education. Meanwhile, the Bureau of Labor Statistics indicates there are more than seven million jobs available across the U.S. that do not

require a four-year degree.

Advantages to vocational schools

Trade school students can look forward to some benefits.

- hands-on learning
- more rigid schedule
- efficient time usage
- faster class pace
- small class sizes
- ability for licensure, where needed

• lower costs of attendance compared to other types of schooling

• instructors who are experts in their fields

Vocational schools are an option for students right out of high school or those returning to school later in life. Such schools provide access to millions of rewarding and lucrative jobs that can offer financial security.

How to help students master college entrance exams



The college admissions process is multifaceted and stretches out over a year or more. High school students who plan to continue their education at four-year schools typically go through the admissions process at various schools before deciding where the next step on their academic journeys will take them.

Testing is part of the college admissions process. Parents and guardians who want to give young people the best chance of being admitted to their preferred school can help students prepare accordingly. In the United States, performance on the SAT and/or the ACT has traditionally been a key consideration for college admissions departments. The college information resource CollegeVine says standardized test scores are not required in the admissions process for public Canadian universities, although some private ones will accept SAT scores. According to the Princeton Review, the SAT is created and administered by the College Board. The test consists of Math and Evidence-based Reading and Writing. Each section is scored on a 200-to-800-point scale, (a score of 1600 indicates mastery of the exam). The ACT is a similar test that also helps measure college readiness. The ACT consists of four sections: English, Reading, Math, and Science. There's also an optional 40-minute Writing Test that some colleges may require. The maximum composite score for the ACT is 36.

Most schools do not favor one test over the other, so it's possible students will take just one exam. However, college-bound students are increasingly taking both the SAT and ACT and only submitting the higher score to schools. This is important for families and students to recognize. Generally, students can study concurrently for both tests, and the following are some additional strategies to prepare for college

admissions testing.


- Enroll in a test prep course. Students may benefit from taking test prep courses either in sophomore year of high school or early in their junior year. These courses familiarize students with the testing format and enable them to take practice exams. They also offer tips for getting through the test within the allotted time. Knowing "how" to take the test is often just as important as knowing the material on the test.
- Focus on vocabulary. Families can work together to expand students' vocabularies. Everyone can learn new words and use them on a daily basis.
- Prioritize rest and a healthy lifestyle. This can be a stressful time in students' lives. Parents and other caregivers can recognize this and reinforce healthy living habits that will help teens get the rest they need to stay both physically and mentally well. Try not to put extra pressure on students during this critical time. Avoid emphasizing a need to get the best test scores possible, which can lead to additional stress, burnout and resentment.
- Realize many schools are test-optional. Students who simply are not excellent test-takers may take comfort in knowing that a growing number of schools have become test-optional. Families can determine if students want to be "one-and-done" on standardized testing, or take the test a few times to improve their scores.

Families can work together to make preparing for standardized testing more successful. • Prioritize rest and a healthy lifestyle. This can be a stressful time in students' lives. Parents and other caregivers can recognize this and reinforce healthy living habits that will help teens get the rest they need to stay both physically and mentally well. Try not to put extra pressure on students during this critical time. Avoid emphasizing a need to get the best test scores possible, which can lead to additional stress, burnout and resentment.

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Families can work together to make preparing for standardized testing more successful. BS244845

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Tait lifts Panthers past Cortland in NCAA tournament opener

PLYMOUTH — Junior Connor Tait (Boys, Md.) scored a pair of third period goals and senior Kalle Andersson (Taby, Sweden) made 32 saves as number nine Plymouth State University held off number 13 SUNY Cortland in the first round of the NCAA Tournament at Hanaway Rink on Saturday night.

Tait snapped a 2-2 tie with the game's only power play goal with 8:55 left in the third period. Sophomore Rider McCallum (Langley, British Columbia) made a fantastic play at the blue line to keep the puck in the zone, then hit Tait with a pass to the slot for a backhanded tally to give PSU the lead for good.

Plymouth State did well to keep the puck deep, limiting the Cortland opportunity to pull its goalie. The Red Dragons finally cleared the zone and went to the extra skater with just over a minute to play, but the Panthers quickly gained control of the puck.

Sophomore Will Redick (Collingwood, Ontario) fired a shot toward the net from the blue line that deflected off the end boards and Tait was there to dump the rebound into the open net to make it 4-2 with 52.8 seconds left on the clock.

Freshman David Matousek (West Chester, Pa.) added a tap-in goal 23 seconds later to secure the Panthers' first-ever NCAA Tournament victory.

Plymouth State improves to 24-2-2, setting a new program record for wins, and will travel to #2 Utica University for a quarterfinal game Saturday, March 16. Cortland finishes the year at 18-9-2.

Plymouth State came out aggressive and physical, controlling the pace over the opening five minutes. Cortland withstood the early pressure to swing the momentum in its favor through the middle section of the first. PSU killed off late power play with Andersson making a spectacu-

lar post-to-post save just before the horn to keep the game scoreless after one.

Andersson came up with a pair of huge stops during 4-on-4 action six minutes into the middle stanza. PSU rode the momentum into the game's first goal a minute later. Junior Cam Patton (Truro, Nova Scotia) applied a strong forecheck that led to a Cortland turnover. Patton hit a streaking Matousek in the high slot, and Matousek slid to the right circle before snapping a wrist shot to the top right corner for a 1-0 lead.

Plymouth State kept the pressure on, going back on the power play midway through the frame, but Red Dragons' senior goaltender Jack Riedell (Greensboro, N.C.) made a pair of big saves to keep it a one-goal game.

Cortland rode the momentum to tie the game at 1-1 at the 10:46 mark. The Red Dragons flew in on a 3-2 break and senior Nate Berke (Williams-

ville, N.Y.) banged home a rebound to even the score.

The Panthers went back in front in the final minute of the period when Redick took the puck away from a Cortland skater in the zone and blasted a shot past the glove of Riedell for a 2-1 lead heading to the second intermission.

The Red Dragons stole the momentum early in the third. Riedell cleared the puck along the half wall into the neutral zone, leading to a 2-on-1 break for the visitors. Sophomore Stephen Kyrkostas (Selden, N.Y.) slipped a pass to classmate Colby Seitz (Eden, N.Y.), who snuck the puck past Andersson as the two collided, sending the goal off its moorings. The officials briefly huddled before confirming the goal as the score was knotted at 2-2.

Cortland went right on the power play, but the PSU defense limited the Red Dragons to just one shot and Andersson was up to the task.

Plymouth State went on a power play of its own two minutes later. The Panthers maintained the pressure and McCallum made a great play at the blue line to knock down a clear attempt and keep the puck in the zone. He worked a give-and-go with Redick, then skated to the top of the left circle before feeding Tait in the slot. Tait converted the backhand attempt to put the Panthers back in the lead with 8:55 left to play.

Cortland pulled Riedell for the extra skater with 1:08 to go, but PSU quickly gained the puck in the neutral zone. Redick took a shot from just beyond the blue line that skipped wide of the goal and off the end boards, where Tait dumped it into the open net to make it 4-2.

The Panthers kept the pressure up with Patton winning a battle on the end boards before pushing a pass into the corner to freshman Patrick O'Connell (West Chester, Pa.). O'Connell fired a

pass to Matousek in the slot, who tapped it in to account for the final score.

Tait and Matousek recorded a pair of goals apiece. Redick finished with three points on a goal and two assists, while Patton registered a pair of helpers. Redick's 27 goals this season are two shy of the program record, while he moves into second with 58 points on the year.

PSU held a 45-34 advantage in shots. The Panthers went 1-for-4 on the power play, while holding Cortland scoreless in three chances. Riedell finished with 40 saves for the Red Dragons, while Andersson made 32 stops for PSU to improve to 21-2-1. His 21 wins are one shy of the program mark.

Plymouth State improves to 3-5 in the head-to-head matchup, winning each of the last three games. The most recent meetings came during the 2008-09 season when PSU swept a weekend matchup.



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Granite Group Realty Services:
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Lakes Region Realty: www.lakesregionrealestate.com

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New Hampshire Colonials Real Estate: www.squamlake.com

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Canterbury resident named NH Horse Person of the Year

CANTERBURY —The New Hampshire Horse Council (NHHC) Board of Directors is proud to announce the selection of New Hampshire’s 2024 Horse Person of the Year. And the award goes to Ginger LaPlante of Canterbury.

For more than six decades, Virginia “Ginger” LaPlante has been a dedicated and enthusiastic supporter of equestrian activities in the Granite State. An active equine enthusiast since taking her first English riding lessons at a New York stable in childhood, Ginger brought her love of all things horse, including trail riding, gymkhana, and carriage driving to her Canterbrook Farm in Canterbury.

For many years, Canterbrook Farm hosted horse shows, trail rides, and carriage drives; it was also one of the first facilities in the state to allow horse camping, and both Derry Trail Riders and New Hampshire Horse and Trail Association have hosted day and weekend rides there.

In the late 1970’s, LaPlante became one of the founders of the Granite State Carriage Association (GSCA) and for many years hosted rides and drives at her farm. Today, she continues to be involved in leading the GSCA, edits their newsletters, and functions as the club historian. She was also an active member of the Tall Pines Riding Club in Northfield.

In recognition of her outstanding lifetime of contributions to our state’s equestrian community, the NHHC is proud to recognize Virginia LaPlante as its New Hampshire 2024 Horse Person of the Year.

The NHHC New Hampshire Horse Person of the Year award program began in 1998 to recognize deserving individuals who have given unselfishly to make the state’s equine industry better. Recipients may be an amateur or a professional, but must be a leader; a teacher, or a role model for others.

For more information about the NHHC, the award program, or becoming a member, go to: nhhorsecouncil.org.



COURTESY
Ginger LaPlante and her husband John driving their registered Canadian Horse CF Fancy Boy Justice in a four-wheeled, spindle seat carriage.

Laconia Historical & Museum Society honoring local student



COURTESY
From left to right: Warren Huse, LHMS, Lily Lescarbeau, Carri Lescarbeau, Pamela Clark, LHMS, Lisa Hinds, LHS Principal. Lily Lescarbeau is the first recipient of the Warren D. Huse Honorary Student Membership presented to her at the Society’s annual meeting in February.

LACONIA —The Laconia Historical & Museum Society (LHMS) celebrated their achievements and thanked those who supported their efforts to protect, preserve, and share the story of Laconia in 2023 during their annual meeting on Feb. 20 at the J. Oliva Huot Technical Center at Laconia High School.

The first Warren D. Huse Honorary Student Membership was presented to LHS senior Lily Lescarbeau. Lily is an excellent student who excels in academics, particularly in social sciences. She is passionate about preserving the history of Laconia High School and has been working on a project related to the 100th anniversary of the LHS building. Her work will culminate with an exhibit at Laconia Public Library March through May.

Upon being asked how she felt about receiving the membership, Lescarbeau stated, “I am so excited to have this opportunity and it has opened up so many doors for me. I have always wanted to join the historical society and it is such an honor to work with them.”

The Society shared their achievements and future challenges during the President’s opening remarks. While they are facing financial challenges that threaten their ability to protect Laconia’s story, President Tara Shore assured the audience that LHMS is proactively working towards increasing membership and sponsorship reach, offering additional donation opportunities, and completing critical repairs by the end of 2024. With the community’s support, they’re confident in achieving their goals and continuing to protect Laconia’s story for generations to come.

For additional information about LHMS and upcoming events, please visit the website or follow LHMS on Facebook and Instagram.

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Feb. 26 to March 4.

Nicholas R. Scerra, age 31, was arrested on Feb. 26 for Reckless Conduct with a Deadly Weapon and Driving After Revocation or Suspension-Death or Serious Bodily Injury.

Christopher R. Wood, age 58, of Belmont was arrested on Feb. 27 in connection with multiple bench warrants.

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